

Dear brothers and sisters in Christ of TACMC,

Welcome to another edition of Rhema! Our new church theme starting this year is “Following Christ Together Across Generations”. A new theme does not mean we are done with the old one, for the only time we stop “Pursuing Holiness and Living Out Holy Love” (our previous theme) is when we meet the Lord. Rather, we can see how one theme builds on the other, as we learn how to pursue holiness and live out holy love in an intergenerational way.

I recently gained new insight into Hebrews 4:12 from a book.

¹² For the word of God is living and active, and sharper than any two-edged sword, even penetrating as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

The word of God is living and active. In the world of science, there are two ways to study living things. One is by capturing the wild creature and bringing it into the laboratory. This means killing it, dissecting and organising it so that all its parts may be studied under the microscope. Another way is to study it in its natural habitat. This requires the scientist to wait, often uncomfortably for days or even weeks, until the wild thing shows itself. And when it finally appears, the chase is on! It is humbling, and sometimes frightening, to pursue a living and active thing.

I want to suggest that the second way is how we must learn to approach God’s Word. God and His Word must set the agenda, not us. And as we do that, we discover that the knife (sword) is not a laboratory technician’s dissecting knife in our hands but a scalpel in God’s hands as a master surgeon, as he lays bare the thoughts and attitudes of our hearts.

Brothers and sisters, let us embark on this Rhema journey with excitement and anticipation, learning not to be consumers of the Word but rather as people consumed by the Word. Wishing you a fruitful journey through the book of Ephesians!

Blessings,
Rev Edmund Koh

1. Author of the Book

This book was written by the Apostle Paul and is included in early manuscript collections of his letters. Paul repeatedly refers to himself as the author in the letter (1:1; 3:1; 4:1; 6:19–20) and mentions his own experiences (3:7,13). Formerly known as Saul, Paul was a Jew and a Pharisee who zealously persecuted the church. However, on the road to Damascus, the risen Lord Jesus appeared to him and struck him down. Paul repented, turned to the Lord, and was called to be an apostle to the Gentiles. He undertook three missionary journeys, established many churches, and wrote thirteen New Testament epistles, including the Letter to the Ephesians. Paul suffered much for the Lord and was eventually martyred in Rome for his faith between AD 64 and 67.

2. Date of Writing

Ephesians is generally considered to be one of Paul's later letters. Its content on church doctrine is deeply developed, leading most biblical scholars to believe it was written during his first imprisonment in Rome, around AD 61–62. In the letter to Philemon, Paul mentions the possibility of being released soon (v.22), and Ephesians, Philemon, and Colossians were all delivered by Tychicus and Onesimus (Eph. 6:21–22; Col. 4:7–9). These three letters, together with Philippians, are commonly referred to as Paul's "Prison Epistles," significant works written to strengthen the church.

3. Recipients

Unlike many of Paul's other letters, Ephesians does not address specific problems in a local church nor include personal greetings. Thus, it is generally regarded as a circular letter meant for multiple churches, including the one in Ephesus. Ephesus was a key city in the Roman province of Asia, known for its commerce and idolatry, and it housed the famous Temple of Artemis. Paul ministered there for three years, teaching in the hall of Tyrannus, performing miracles, and seeing many repent and burn their magic scrolls, which led to a citywide riot (Acts 19:27). Due to the complex spiritual climate and intense spiritual warfare in Ephesus, Paul exhorted the believers to be strong in the Lord and stand firm against spiritual forces (Eph. 6:12).

4. Message of the Book

Ephesians is a theologically rich letter that comprehensively presents God's redemptive plan. God chose us before the creation of the world, and through Christ, we are saved from sin and made new. He has torn down dividing walls among people so that all, regardless of race, gender, or status, can become members of God's household and grow spiritually in Christ. The key messages include:

- Christ is the head of the Church, which is His body and bride. Believers should respond to Him wholeheartedly.
- God's ultimate plan is to unite all things in heaven and on earth under Christ (Eph. 1:10), fulfilling Isaiah's vision of peace (Isa. 11:6; 65:25) and Revelation's promise of a new heaven and earth where God dwells with His people, and there is no more death or tears (Rev. 21:1–4).
- God's plan through Christ is to forgive sins, make people holy, abolish enmity, and bring reconciliation, uniting all into one body—the Church (Eph. 2:14–16; 3:3–10).
- In the Church, believers are members of one body, each playing their part, growing in love, and building up the Church. The Church is a foretaste of the future unity of all things in Christ—the old has passed, the new has come, and the world will be filled with Christ's righteousness and peace.
- Believers receive spiritual blessings and a glorious hope (Eph. 1:3,11). Though we live in the world, we are to rely on God's grace and the Holy Spirit to build one another up in the Church, imitate Christ, and grow in spiritual maturity (Eph. 4:13).
- By putting on the full armor of God (Eph. 6:10–18), Paul encourages believers to be strong in the Lord and courageously resist evil as soldiers of Christ.

Outline:

Part One: Doctrine (Chapters 1–3)

1. Introduction (1:1–2)
2. Spiritual blessings in Christ (1:3–14)
3. Apostle's prayer for revelation (1:15–23)
4. New status and relationship in Christ (2:1–22)
5. The mystery of the gospel and the mission of the Church (3:1–21)

Part Two: Practice (Chapters 4–6)

1. Unity and maturity in the Church (4:1–16)
2. Holiness in a sinful world (4:17–5:21)
3. Instructions for family and masters/slaves (5:22–6:9)
4. Spiritual life and responsibilities (6:10–20)
5. Conclusion (6:21–24)

Rhema: Searching the Scriptures Movement

17 August 2025, Sunday - 28 September 2025, Sunday

WEEK/DAY	SUNDAY	MONDAY	TUESDAY
Week 1	Called and Blessed in Christ Ephesians 1:1-23	18 Aug <input type="checkbox"/> Ephesians 1:1-6	19 Aug <input type="checkbox"/> Ephesians 1:7-10
Week 2	Saved and Renewed in Christ Ephesians 2:1-22	25 Aug <input type="checkbox"/> Ephesians 2:1-5	26 Aug <input type="checkbox"/> Ephesians 2:6-9
Week 3	United in Christ, Becoming God's Household Ephesians 3:1-21	1 Sep <input type="checkbox"/> Ephesians 3:1-6	2 Sep <input type="checkbox"/> Ephesians 3:7-9
Week 4	Living a Life Worthy of the Calling Ephesians 4:7-32	8 Sep <input type="checkbox"/> Ephesians 4:1-6	9 Sep <input type="checkbox"/> Ephesians 4:7-13
Week 5	Imitating Christ, Walking in Light Ephesians 5:1-33	15 Sep <input type="checkbox"/> Ephesians 5:1-7	16 Sep <input type="checkbox"/> Ephesians 5:8-14
Week 6	Strengthened in the Lord, Moving Forward in Victory Ephesians 6:1-24	22 Sep <input type="checkbox"/> Ephesians 6:1-4	23 Sep <input type="checkbox"/> Ephesians 6:5-9
Week 7	Intergenerational Discipleship, Journeying Together in Unity Ephesians 4:1-6		

Rhema: Searching the Scriptures Movement
 17 August 2025, Sunday - 28 September 2025, Sunday

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 Aug <input type="checkbox"/> Ephesians 1:11-14	21 Aug <input type="checkbox"/> Ephesians 1:15-17	22 Aug <input type="checkbox"/> Ephesians 1:18-21	23 Aug <input type="checkbox"/> Ephesians 1:22-23
27 Aug <input type="checkbox"/> Ephesians 2:10	28 Aug <input type="checkbox"/> Ephesians 2:11-13	29 Aug <input type="checkbox"/> Ephesians 2:14-18	30 Aug <input type="checkbox"/> Ephesians 2:19-22
3 Sep <input type="checkbox"/> Ephesians 3:10-13	4 Sep <input type="checkbox"/> Ephesians 3:14-16	5 Sep <input type="checkbox"/> Ephesians 3:17-19	6 Sep <input type="checkbox"/> Ephesians 3:20-21
10 Sep <input type="checkbox"/> Ephesians 4:14-16	11 Sep <input type="checkbox"/> Ephesians 4:17-24	12 Sep <input type="checkbox"/> Ephesians 4:25-28	13 Sep <input type="checkbox"/> Ephesians 4:29-32
17 Sep <input type="checkbox"/> Ephesians 5:15-17	18 Sep <input type="checkbox"/> Ephesians 5:18-21	19 Sep <input type="checkbox"/> Ephesians 5:22-29	20 Sep <input type="checkbox"/> Ephesians 5:30-33
24 Sep <input type="checkbox"/> Ephesians 6:10-13	25 Sep <input type="checkbox"/> Ephesians 6:14-17	26 Sep <input type="checkbox"/> Ephesians 6:18-20	27 Sep <input type="checkbox"/> Ephesians 6:21-24

Called and Blessed in Christ

Day 1: 17 August, Sunday

Ephesians 1:1-23

¹ Paul, an apostle of Christ Jesus by the will of God,
To God's holy people in Ephesus, the faithful in Christ Jesus:
² Grace and peace to you from God our Father and the Lord Jesus Christ.
³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed
us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he
chose us in him before the creation of the world to be holy and blameless in
his sight. In love ⁵ he predestined us for adoption to sonship through Jesus
Christ, in accordance with his pleasure and will— ⁶ to the praise of his glorious
grace, which he has freely given us in the One he loves. ⁷ In him we have
redemption through his blood, the forgiveness of sins, in accordance with
the riches of God's grace ⁸ that he lavished on us. With all wisdom and
understanding, ⁹ he made known to us the mystery of his will according to his
good pleasure, which he purposed in Christ, ¹⁰ to be put into effect when the
times reach their fulfillment—to bring unity to all things in heaven and on
earth under Christ.
¹¹ In him we were also chosen, having been predestined according to the plan
of him who works out everything in conformity with the purpose of his will, ¹²
in order that we, who were the first to put our hope in Christ, might be for the
praise of his glory. ¹³ And you also were included in Christ when you heard the
message of truth, the gospel of your salvation. When you believed, you were
marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit
guaranteeing our inheritance until the redemption of those who are God's
possession—to the praise of his glory.
¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and
your love for all God's people, ¹⁶ I have not stopped giving thanks for you,
remembering you in my prayers. ¹⁷ I keep asking that the God of our Lord
Jesus Christ, the glorious Father, may give you the Spirit of wisdom and
revelation, so that you may know him better. ¹⁸ I pray that the eyes of your
heart may be enlightened in order that you may know the hope to which he
has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and
his incomparably great power for us who believe. That power is the same as
the mighty strength ²⁰ he exerted when he raised Christ from the dead and
seated him at his right hand in the heavenly realms,

Called and Blessed in Christ

Day 1: 17 August, Sunday

²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church,²³ which is his body, the fullness of him who fills everything in every way.

Sermon Notes

My Prayer

Called and Blessed in Christ

Day 2: 18 August, Monday

Ephesians 1: 1-6

¹ Paul, an apostle of Christ Jesus by the will of God,
To God's holy people in Ephesus, the faithful in Christ Jesus:
² Grace and peace to you from God our Father and the Lord Jesus Christ.
³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed
us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he
chose us in him before the creation of the world to be holy and blameless in
his sight. In love ⁵ he predestined us for adoption to sonship through Jesus
Christ, in accordance with his pleasure and will— ⁶ to the praise of his glorious
grace, which he has freely given us in the One he loves.

Read

Read the passage slowly. Meditate on the Word of the living God.

Hear

As you read, which words or phrases stand out to you? Write down the words or phrases and meditate on it.

Meditate

Who am I, that the God of the universe has blessed me with “every spiritual blessing in Christ?” What are some spiritual blessings that you have received from Christ? Take some time to write down the blessings that you have received as adopted children of God.

Act

As blessed children of God, how can we share these blessings with others who have yet to know Christ? The greatest blessing we have received is our salvation through the Gospel. This week, may you find opportunities to share this blessing with your colleagues, friends, relatives, or neighbours.

Pray

Father God, I thank You for the spiritual blessing of salvation that I get to enjoy each and every day. I thank You that through Jesus' sacrifice on the cross, I am now a child of God. This is not by my own strength, but by Your grace. As I am blessed, may I share these blessings with others who have yet to know You. In Jesus' name I pray, Amen.

Ephesians 1: 7-10

⁷In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸that he lavished on us. With all wisdom and understanding, ⁹he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

Read

Take your time to read the passage. May the Word of God grant us all wisdom and understanding.

Hear

What is God saying to you through the passage? Is there any word or phrase that speaks to you at this moment? Spend some time meditating on it.

Meditate

In verse 9, Paul mentions “the mystery of God's will according to His good pleasure”, which is to bring unity to all things in heaven and on earth under Christ (v10).

What is the image that comes to mind when you meditate on the verse above? Do you look forward to the day when all things in heaven and on earth will be put under Christ?

Apart from longing for that day, have you lived a life of total surrender to Christ today? Have you acknowledged Him, not only with your lips but through your actions, that He is the sovereign Lord of your life?

Act

Jimmy Carter once said, “We should live our lives as though Christ was coming this afternoon.” Let us continue to live a life that is worthy of God's calling every single day of our lives. Let us put everything that we have under Christ, for He is our sovereign Lord.

Pray

Jesus, I thank You that You are my sovereign Lord. You are in control of all things. Help me remember this not only when things are good, but especially when things are bad. May I live a life that is pleasing unto You, and may I surrender everything that I have to Your Lordship. In Jesus' name I pray, Amen.

Called and Blessed in Christ

Day 4: 20 August, Wednesday

Ephesians 1:11-14

¹¹ In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, ¹² in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. ¹³ And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

Read

Read the verses above slowly. Repeat it a few times. Let the Word of God seal in us His truth and His purpose.

Hear

Is there a word, a phrase, or a verse that speaks to you personally? What is God trying to say to you? Meditate on it as we let the Holy Spirit illuminate our hearts.

Meditate

What does it mean to be chosen by God? Are we being chosen for a special reason and purpose?

Paul said that all who have received Christ are chosen people, chosen so that we might be “the praise of His glory”. In other words, we are called to glorify God. What does it mean to glorify God? Am I giving glory to God in my everyday life?

Act

As God's ambassador, may we live a life that brings honour and glory to God. This week, take time to pray for an opportunity to glorify God by helping someone in need. If there is a name or a place that God brings to mind, won't you take the step of obedience, trusting that it is God who called, and it is God who will provide.

Pray

Father God, thank You for choosing us as Your people, tasked to bring Your love and Your glory to the ends of the earth. May Your Holy Spirit continue to strengthen us, especially when we are weak and have strayed from our purpose in life. May our daily life and our actions bring glory and honour to You. May we be Christ's ambassador, pointing all to Christ in everything that we do. In Jesus' name we pray. Amen.

Ephesians 1:15-17

¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, ¹⁶ I have not stopped giving thanks for you, remembering you in my prayers. ¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

Read

Read the passage carefully. Which words or phrases captured your attention?

Hear

Listen again to this prayer from Paul. What is God saying to you through it?

Meditate

Why does Paul give thanks for the people in Ephesus?

Do you also give thanks for the brothers and sisters in your own church?

Act

Like Paul, you can remember in prayer today those who keep a persistent faith in the Lord and a steadfast love for the church.

Pray

Loving Father, help us to trust You with all our hearts, and that our love for fellow believers may grow and our lives may show the world that we are Your disciples. Lord, we need the Holy Spirit who gives wisdom and revelation to enlighten the eyes of our hearts, so we may truly and intimately know You and worship You with greater reverence. Because You alone are the source who satisfies all our needs. In Jesus' name we pray, Amen.

Called and Blessed in Christ

Day 6: 22 August, Friday

Ephesians 1:18–21

¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

Read

Read the passage carefully. Which words or phrases captured your attention?

Hear

Listen carefully. What is God speaking to you today through these verses?

Meditate

What do these verses tell us about the greatness of God's power? Do you feel compelled to kneel and worship Him?

Act

Spend time interceding for yourself and those around you. Ask God to open the eyes of our hearts so that we may see His great plan, His glory, and His power, and live each day by His strength.

Pray

Loving Heavenly Father, thank You for giving us salvation in Christ, making us co-heirs with Him to share in the inheritance of eternal life. We earnestly ask You to fill us with Your power and goodness, and help us stand firm against the schemes of the devil. More than that, help us to reflect Christlike character at all times, revealing Your abundance and fullness. Amen.

Ephesians 1:22–23

²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.

Read

Read the passage carefully. Which words or phrases captured your attention?

Hear

Listen closely. What is God saying through these two verses?

Meditate

Consider the glorious identity of the church. How will you live out that honoured identity?

Act

Spend time earnestly interceding for the body of Christ and for each of its members.

Pray

O God, You have made Christ the head over all things for the church. Pour out the unsearchable riches of Your grace upon Christ's body. May every member be anointed and filled with the Holy Spirit, so that the church may be a sanctuary overflowing with grace and power, bearing witness to Your authority and glory and becoming a channel of Your goodness, until we become Your eternal dwelling of joy. In the holy name of Jesus Christ, we pray. Amen.

Saved and Renewed in Christ

Day 8: 24 August, Sunday

Ephesians 2:1-22

¹ As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast. ¹⁰ For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

¹¹ Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)— ¹² remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. ¹³ But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

¹⁴ For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, ¹⁵ by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, ¹⁶ and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. ¹⁷ He came and preached peace to you who were far away and peace to those who were near. ¹⁸ For through him we both have access to the Father by one Spirit.

¹⁹ Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, ²⁰ built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. ²¹ In him the whole building is joined together and rises to become a holy temple in the Lord. ²² And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Sermon Notes

My Prayer

Saved and Renewed in Christ

Day 9: 25 August, Monday

Ephesians 2:1–5

¹ As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

Read

Read the passage aloud once, then read it silently twice. As you read, circle the words or phrases that stand out to you.

Hear

Listen carefully to what God is saying to you through this passage about His heart for salvation.

Meditate

Think about your life before and after coming to faith. What attitudes or behaviours have changed? Does this transformation reflect “being made alive with Christ” as described in the passage? Meditate on the true foundation of this change.

Act

Take a few moments to be still before God. Examine whether your words and actions today have conformed to the world or indulged in fleshly desires. If so, humbly confess to the Lord, ask for His mercy and forgiveness, and pray for the Holy Spirit’s guidance to break free from sin’s bondage.

Pray

Lord, I know my salvation comes from Your abundant mercy. I give You thanks from my heart. Please remind me that I am saved by grace. I resolve to forsake the ways and thoughts of my old self and earnestly seek to know Your truth and live it daily. Help me, Lord—may the Holy Spirit strengthen me. Amen.

Ephesians 2:6–9

¶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, 7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. 8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—9 not by works, so that no one can boast.

Read

Read the passage aloud three times. Circle the phrases that describe God's character.

Hear

Listen to what God is telling you about His beautiful promises.

Meditate

What promises does God reveal in this passage? Connect those promises to your daily life. What hope do they bring?

Act

Turn this hope into acts of love in your daily life. For example, offer a kind smile to someone nearby or adopt a positive attitude in your interactions with others so that they may experience God's grace and love through you.

Pray

Lord, thank You for Your abundant grace that unites me with Christ and gives me the hope of resurrection. Because of the salvation You have given, my life is forever changed. No matter what challenges or difficulties I may face, I can rely on Your grace to carry me through. May I also share the greatness of Your grace through actions. Thank You, Lord. Amen.

Saved and Renewed in Christ

Day 11: 27 August, Wednesday

Ephesians 2:10

¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Read

Read the verse aloud and try to memorise it.

Hear

Listen to how God may be inviting you to respond through this verse.

Meditate

Are you practising good works that are pleasing to God in your daily life? List some ways you can do good to others.

Act

This week, carry out the good works you listed—help with chores, express love to your family, or show concern for someone in need. Let love be put into action.

Pray

Lord, thank You for doing good work in me and giving me the strength to do good through You. I resolve to do good to those around me daily by loving and caring for others. Guide me, Lord, so that my actions may help others know You, the God of love. Amen.

Ephesians 2:11–13

¹¹ Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)— ¹² remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. ¹³ But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

Read

Read the passage aloud once, then read silently again. During the third reading, circle each occurrence of “you.”

Hear

What does God say about what kind of person “you” used to be?

Meditate

Compare the “you” before knowing Christ and after. How has your new life “brought near in Christ Jesus” changed your attitude and direction? How has it changed you?

Act

Based on your reflection, list spiritual disciplines you’ve struggled with or would like to work on. Start practising one this week.

Pray

Lord, thank You for Your loving kindness. We, once hopeless and far from You, have now been brought near through Christ’s precious blood and given a new identity and hope. Lord, we still have weaknesses in our spiritual walk. Please guide and strengthen us to practise ways of drawing nearer to You this week. Help us to not be lazy or distant, but to come near to You with sincerity and truth. Amen.

Saved and Renewed in Christ

Day 13: 29 August, Friday

Ephesians 2:14–18

¹⁴ For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, ¹⁵ by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, ¹⁶ and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. ¹⁷ He came and preached peace to you who were far away and peace to those who were near. ¹⁸ For through him we both have access to the Father by one Spirit.

Read

Read the passage twice aloud. On the third reading, circle the words and phrases that relate to “peace” or “reconciliation.”

Hear

What is God telling you about the power of the cross?

Meditate

Mark words that are opposites of “peace” or “reconciliation” with a triangle. Compare the circled and triangle-marked words. How has the power of the cross transformed your relationship with God and others?

Act

This week, pray for someone who has wronged you. Ask the Lord to help you forgive that person. Then go the extra mile by reaching out with kindness and seeking reconciliation.

Pray

Lord, because of Jesus Christ’s love shown on the cross, we have been reconciled to You, becoming new people united in Your love. We thank You for this immeasurable love. Continue to work in our hearts. Teach us how to live out the gospel of peace that comes from the cross. Help us to forgive others as You have unreservedly forgiven us. May our lives reflect the power of reconciliation through the cross in our words, relationships, and actions. Amen.

Ephesians 2:19-22

¹⁹ Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, ²⁰ built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. ²¹ In him the whole building is joined together and rises to become a holy temple in the Lord. ²² And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Read

Read silently once, then read aloud once. As you read, circle any words or phrases that stood out to you.

Hear

What is God telling you about your new identity in Christ through this passage?

Meditate

Consider this truth: "You are also being built by Jesus Christ to become a dwelling for God through the Holy Spirit." How might this understanding affect your daily life?

Act

Based on your reflections, write down a few things you can do this week for God or others. Commit to carrying them out this week.

Pray

God, thank You for Your grace that we are no longer outsiders or lonely strangers. Now, because of Your great love, we are fellow citizens with the saints and members of Your household. Thank You, Lord. Help us be joined together in Christ, becoming Your holy temple and a dwelling place for Your Spirit. Help me to deeply understand my new identity in Christ so that I may live each day accordingly. Amen.

United in Christ, Becoming God's Household

Day 15, 31 August, Sunday

Ephesians 3:1-21

¹ For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles—
² Surely you have heard about the administration of God's grace that was given to me for you, ³ that is, the mystery made known to me by revelation, as I have already written briefly. ⁴ In reading this, then, you will be able to understand my insight into the mystery of Christ, ⁵ which was not made known to people in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets. ⁶ This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.
⁷ I became a servant of this gospel by the gift of God's grace given me through the working of his power. ⁸ Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ, ⁹ and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things. ¹⁰ His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, ¹¹ according to his eternal purpose that he accomplished in Christ Jesus our Lord. ¹² In him and through faith in him we may approach God with freedom and confidence. ¹³ I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.
¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.
²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Sermon Notes

My Prayer

United in Christ, Becoming God's Household

Day 16, 1 September, Monday

Ephesians 3:1-6

¹ For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles— ² Surely you have heard about the administration of God's grace that was given to me for you, ³ that is, the mystery made known to me by revelation, as I have already written briefly. ⁴ In reading this, then, you will be able to understand my insight into the mystery of Christ, ⁵ which was not made known to people in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets. ⁶ This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.

Read

What do you observe from the passage? Identify any words/phrases that caught your attention. (E.g. repeated words)

Hear

What is God speaking to you through this passage?
Allow yourself to be immersed in the Word of God.

Meditate

What is the "mystery" that the Apostle Paul is referring to?
Do you know the mystery of Christ?
Would you thank God for this mystery?

Act

Think of the mystery of Christ as a powerful Wi-Fi signal that reaches every corner of your life. It is time to share that connection with everyone who may not yet believe, including your family and friends. As believers, we can connect with God in His presence without delay or disruption. Are you ready to spread this incredible news and be a beacon of hope to those around you?

Pray

Heavenly Father, thank You for the grace You have given us through Christ Jesus. As I reflect on the mystery once hidden but now revealed by Your Spirit – that I, too, am an heir in Christ – I stand in awe of Your boundless mercy. Let this truth stir my heart, strengthen my faith and remind me that I am fully included in Your redemptive plan. May Your Word dwell richly in me today, encouraging my soul and edifying my mind. Lord, help me to deepen my love for You and for my neighbour. In Jesus' name, Amen.

Ephesians 3:7-9

⁷I became a servant of this gospel by the gift of God's grace given me through the working of his power. ⁸Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentilesthe boundless riches of Christ, ⁹and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things.

Read

Take time to read the verses slowly and repeatedly if necessary.

Hear

What is the Apostle Paul continuing to say?
What is God speaking to you through these verses?

Meditate

The ministry that is given to us, and the spiritual purpose we find in Christ are not based on our worth, strength or effort but on God's grace and empowerment alone. For the riches of Christ are beyond measure, and you are called to share them with a world that desperately needs them.

Act

Like the Apostle Paul, would you embrace God's grace sincerely, treasure Christ deeply, and faithfully continue in your calling, walking humbly and obediently? Always remember that it is God's power working through you. Stay humble before Him, and be confident in the Lord.

Pray

Abba Father, thank You for calling me to Your work by Your grace and for empowering me by Your Spirit. Like the Apostle Paul, I marvel that though I feel so unworthy, You have entrusted me with the riches of Christ. Help me walk humbly in this calling, to treasure the unsearchable riches of Your Son, and to make Your light known wherever I go. Fill my heart with awe and gratitude as I spend time with You today. Strengthen me to live boldly for Your glory. In Jesus' name, Amen.

United in Christ, Becoming God's Household

Day 18, 3 September, Wednesday

Ephesians 3:10-13

¹⁰ His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, ¹¹ according to his eternal purpose that he accomplished in Christ Jesus our Lord. ¹² In him and through faith in him we may approach God with freedom and confidence. ¹³ I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

Read

Read the verses and identify what God has revealed to the church through Christ.

Hear

We can have confidence in Christ through faith that despite the challenges in our walk, we need not lose heart.

Meditate

God's intent is that through the church, His manifold wisdom is made known - not just to people, but to rulers and authorities in the heavenly realms. This means that what God is doing in and through the church is part of a cosmic testimony to His greatness. We are part of something much bigger than ourselves. Our lives, our fellowship, our faithfulness as the Church - they all declare God's wisdom and power.

Act

Recognise that the church is not a human invention - it is God's chosen vessel to display His wisdom; that you and all believers might live with boldness to see purpose in suffering as Paul did. Faithfulness today echoes beyond this life into the heavenly realms. Let this perspective shape how you live, serve, and endure for Christ.

Pray

Dear Sovereign God, thank You that through the church, You are making known Your manifold wisdom to the world and beyond. What an honour to be part of Your eternal purpose fulfilled in Christ Jesus! Help me to approach You today with boldness and confidence, knowing I am welcomed by Your grace. Strengthen my heart so that I do not lose courage in times of hardship, but trust that You are working all things for Your glory. In this time of devotion, renew my faith, hope, and joy in You. In Jesus' name, Amen.

Ephesians 3:14–16

¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.

Read

Read the passage slowly and aloud. Listen closely to what our Father God, the source of all things, is saying to you.

Hear

Am I aware that I belong to one big family with all who belong to the Lord? When I am spiritually weak, am I willing to rely on the Holy Spirit for strength and regularly kneel in prayer for others, asking the Father to strengthen them?

Meditate

Those who keep God's commandments abide in Him, and He in them. This relationship of abiding in God's Spirit is intimate and profound. The Holy Spirit living within us is leading us, allowing us to have close fellowship with the Lord and manifesting His glory. How can we maintain this relationship of abiding in God? Is it through continuous prayer life, perseverance in spiritual growth or what other ways?

Act

In prayer, intercede for a brother or sister in the church who is weak or lonely.

Remember that he or she is a child of God.

Be attentive and take initiative to reach out to those who are often overlooked in the church, sharing the warmth of "We are one family."

Pray

Dear Heavenly Father, You are the source of all things. Every family in heaven and on earth derives its name from You. Thank You that we are no longer alone, but members of your household. According to Your glorious riches, strengthen our inner being through your Holy Spirit. Help us live out our identity as your children, love one another, and glorify Your holy name. Amen.

United in Christ, Becoming God's Household

Day 20, 5 September, Friday

Ephesians 3:17–19

¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Read

Meditate on the passage twice. The passage tells us that faith helps us to know Christ's love more deeply. Pay attention to the words "faith," "dwell," "rooted and established," "grasp," and "filled." Observe how these ideas connect with one another.

Hear

Read the passage aloud and listen to what God is saying to you. Is there a phrase or sentence that stands out to you? Do you sense God expressing His love and presence to you through these words?

Meditate

Is Christ truly the center of my life? Am I willing to experience His love together with all the saints, and be filled with it?

Act

Share a testimony of how you have experienced God's love with your brothers and sisters. Participate in small group and community ministry to encourage one another and grow together in your spiritual journey.

Pray

Lord Jesus, through my faith in You, You dwell in my heart. May my love to you and to mankind be rooted and established, that I may experience your immeasurable love together with all the saints. May You fill me so that I may be full of your abundant richness. Amen.

Ephesians 3:20–21

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Read

Ephesians 3:20–21 twice. Pay attention to key phrases such as: “his power that is at work within us,” “do immeasurably more,” “than all we ask or imagine,” “in the church,” and “glory.” Consider how these words describe God’s great power and His mighty works.

Hear

Read the passage aloud with a prayerful heart. Do you hear God encouraging you to believe in His power—that He is able to do far more than you can ask or imagine?

Meditate

Do I truly believe that God’s power is at work within me?
Are my prayers and daily life filled with faith, bringing glory to God in the church?

Act

Pray for a ministry you are involved in or care about. Ask God to accomplish His will through it and be glorified in the process.

Pray

Almighty Father God, thank You for working within us and accomplishing far more than we can ask or imagine. May You be glorified in the church and in my life, from generation to generation. Amen.

Living a Life Worthy of the Calling

Day 22: 7 September, Sunday

Ephesians 4:7-32

⁷ But to each one of us grace has been given as Christ apportioned it.⁸ This is why it says: “When he ascended on high, he took many captives and gave gifts to his people.”

⁹ (What does “he ascended” mean except that he also descended to the lower, earthly regions? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

²⁰ That, however, is not the way of life you learned ²¹ when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Sermon Notes

My Prayer

Living a Life Worthy of the Calling

Day 23: 8 September, Monday

Ephesians 4:1–6

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

Read

Silently read the passage twice. Let God's Word enter your heart. Pay attention to any words or phrases that touch you deeply.

Hear

Read the passage aloud and listen to God's exhortation through Paul.

Meditate

1. What does the phrase "live a life worthy of the calling you have received" bring to mind?
2. Among "humility, gentleness, patience... keeping unity," which is the most difficult for you? Are you willing to invite the Holy Spirit to help you grow in that area?

Act

Humble yourself and bring your weaknesses and struggles before the Lord. Ask the Holy Spirit to guide you daily so that you may live a life worthy of the gospel of Christ. Write down one concrete action for this week (e.g. intentionally showing patience towards someone difficult to get along with).

Pray

Lord, You know our weaknesses and struggles in maintaining unity. When we don't have the strength to love one another in the church, surround us with Your love so we may find forgiveness, rest, and strength in You. Help us to accept, to speak truth in love, and to be at peace with one another. May the church be a testimony of Your unity. In Jesus' name we pray, Amen.

Ephesians 4:7–13

⁷ But to each one of us grace has been given as Christ apportioned it.⁸ This is why it says: “When he ascended on high, he took many captives and gave gifts to his people.”

⁹ (What does “he ascended” mean except that he also descended to the lower, earthly regions? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Read

Silently read the passage twice. Underline the phrases that touch your heart, and meditate on why they moved you.

Hear

Read the passage aloud. Listen attentively for any words or verses that God may be highlighting to you, be it an encouragement or a reminder.

Meditate

Do I understand my spiritual gifts?

Am I using my gifts to serve others, build up believers, and strengthen the church?

If not, what changes do I need to make in my mindset, time management, or direction of service?

Act

Pray and ask the Lord to show you how to serve in your family, small group, or workplace. Ask Him to give you a servant’s heart so you may rely on Him and humbly use your gifts, zeal, and efforts to be a blessing to the church.

Pray

Lord Jesus, thank You for generously giving heavenly gifts to every believer. Help us to be more deeply connected with You, so we may faithfully use the gifts You have given us to serve one another in love, build each other up, and strengthen Your church. May we grow together in love, attaining to the full measure of Christ. In Jesus’ name we pray, Amen.

Living a Life Worthy of the Calling

Day 25: 10 September, Wednesday

Ephesians 4:14–16

¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Read

Read the passage several times. Circle the sentences that speak to you, and pause to deeply ponder their meaning.

Hear

Read the passage aloud and listen for what God wants to say to you through these words.

Meditate

What does it mean to be “spiritually immature like children”?

What are the characteristics of someone “connected to the Head, Christ”?

Is your spiritual life currently growing and connected to Christ?

Are you willing to speak the truth in love and humbly receive correction and encouragement from others?

Act

Practice these daily:

- Speak the truth in love;
- Grow spiritually, connected to Christ;
- Help and support others in the body, building up Christ’s church.

Pray

Dear Heavenly Father, thank You for placing me among brothers and sisters so we can grow together. In them, I see my own weaknesses and experience the help and reminders that come from You. They are precious blessings You’ve given me. Grant me childlike humility and obedience and keep me from falling into spiritual immaturity and ignorance. Help me receive correction, be willing to learn, and contribute to the growth of others. May I build up the body of Christ together with all Your people in love, for the glory of Your name. Amen.

Ephesians 4:17-24

¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

²⁰ That, however, is not the way of life you learned ²¹ when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

Read

As you read today's passage, use different coloured highlighters to mark out the differences between the Gentiles in verses 17-19 and followers of Christ in 20-24.

Hear

What is Paul's instruction for us in these verses? Ask the Holy Spirit to reveal the importance and implications of the following phrases living as a Christian:

"no longer live as the Gentiles do" (v17), "former way of life" (v22), "put off your old self" (v22), "put on the new self, created to be like God..." (v24).

Meditate

The key message of today's passage is to make an intentional decision to forsake the old self (life before experiencing Christ), and to be transformed and born again, living life with a new heaven-centred attitude, reflecting God's true righteousness and holiness. How has your life been transformed by Jesus? What other parts of your old self is the Holy Spirit prompting you to put off today?

Act

Share with a non-Christian an area of your life that Jesus has transformed and share with someone in church, to whom you can be accountable, areas of your life that you want to surrender to God.

Pray

Dear Lord Jesus, following You is not easy because my life has been corrupted by sin and darkness. May Your Spirit shine Your light on areas of my life that requires transformation, so that I may live a life as a testament to Your grace and glory. Amen!

Living a Life Worthy of the Calling

Day 27: 12 September, Friday

Ephesians 4:25-28

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

Read

The word “therefore” implies a reference to the previous portion of Scripture. Reread the Scripture passage for 11 September, continuing to today’s verses. With one colour, highlight all the things a Christian must stop doing, and with another colour, highlight things a Christian should do.

Hear

As you note the differences from yesterday and in the verses above, pray and ask the Holy Spirit to speak to you about why a Christian must live differently in the world. What does “members of one body” mean? How did we get to be a part of this “one body?”

Meditate

The key message of today’s passage is that Christians are part of “one body” (4:25) of which Christ is the head (4:15). In order to live a new Christ-like life, as a member of “one body,” we are called to be “joined and held together,” so that our anger is held in check and we do not give the devil a foothold. How is God calling you to be joined in one body?

Act

As directed by God, resolve to join a group or fellowship, so that we can live out God’s holiness. If you are already in a group, commit to walking with another member in the group so that you both may grow and build one another up.

Pray

Merciful God, Your Word reminds us that the devil prowls around like a roaring lion, looking for a foothold to enter and corrupt the lives of Christians. Help us be alert and sober, speaking truth in love to one another, so that we will grow to the full maturity of Christ our Lord. Amen.

Ephesians 4:29-32

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Read

As you read today's passage, one key exhortation is to "not grieve the Holy Spirit of God..." Highlight in one colour all the things a Christian does that grieves the Holy Spirit, and in another colour, what Christians should do instead.

Hear

Pause and allow God to speak to you. Ask God what He means by "... the Holy Spirit of God, with whom you were sealed for the day of redemption." Allow God to speak to you about what it means to be sealed by God.

Meditate

Being sealed by God implies belonging to Him, What are the implications of that? Have we lived our lives that reflect our status as God's possession? Which areas of our lives are grieving the Holy Spirit?

Act

If there were one or more areas in our lives that currently grieves the Holy Spirit, consider reaching out to one of the church leaders or pastors to pray for and journey with you.

Pray

Loving God, in Your Word today, we are reminded that we have been redeemed at a great price and are sealed with Your Spirit as Your children. Forgive us for the times when we live our lives contrary to Your Lordship. Do not cast me away from Your presence nor take Your Holy Spirit from me. Instead, by Your mercy, restore to me the joy of Your salvation. Amen.

Imitating Christ, Walking in Light

Day 29: 14 September, Sunday

Ephesians 5:1-33

¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

³ But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. ⁴ Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. ⁵ For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. ⁶ Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. ⁷ Therefore do not be partners with them.

⁸ For you were once darkness, but now you are light in the Lord. Live as children of light ⁹ (for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰ and find out what pleases the Lord. ¹¹ Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹² It is shameful even to mention what the disobedient do in secret. ¹³ But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. ¹⁴ This is why it is said:

“Wake up, sleeper, rise from the dead, and Christ will shine on you.”

¹⁵ Be very careful, then, how you live—not as unwise but as wise,¹⁶ making the most of every opportunity, because the days are evil.¹⁷ Therefore do not be foolish, but understand what the Lord's will is.¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

²¹ Submit to one another out of reverence for Christ.

²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.

²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰ for we are members of his body. ³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” ³² This is a profound mystery—but I am talking about Christ and the church. ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Sermon Notes

My Prayer

Imitating Christ, Walking in Light

Day 30: 15 September, Monday

Ephesians 5:1–7

¹ Follow God’s example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

³ But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. ⁴ Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. ⁵ For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. ⁶ Let no one deceive you with empty words, for because of such things God’s wrath comes on those who are disobedient. ⁷ Therefore do not be partners with them.

Read

Read the passage silently. Highlight keywords such as “imitate God,” “children of light,” and “sexual immorality and greed.”

Hear

The Holy Spirit reminds us: “You are a dearly loved child. Live a life worthy of grace.”

Meditate

What words or actions of mine do not match my identity as a “beloved child”? How can I respond to God’s grace with love?

Act

Today, intentionally replace a complaint with a blessing; resist greed with an act of generosity.

Pray

Loving Father, You have called us with everlasting love to be Your dearly loved children. Yet in word and deed, I often fall short of Your glory. Remove the darkness within me and help me imitate Christ’s self-giving love. Make me a witness of light in the midst of temptation, living out the dignity of a child of God. In Christ’s name I pray, Amen!

Ephesians 5:8–14

⁸For you were once darkness, but now you are light in the Lord. Live as children of light ⁹(for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰and find out what pleases the Lord. ¹¹Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹²It is shameful even to mention what the disobedient do in secret. ¹³But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. ¹⁴This is why it is said:
“Wake up, sleeper, rise from the dead, and Christ will shine on you.”

Read

Circle phrases like “light,” “bear fruit,” and “expose deeds of darkness.”

Hear

The Holy Spirit says: “You have been transferred into the kingdom of light. Let your life reveal the true light.”

Meditate

What areas of my life still carry “habits of darkness”? How can I shine light through good deeds?

Act

Write down a hidden sin you need to repent of. Share it with a trustworthy brother or sister for prayer and support.

Pray

Lord Jesus, You are the Light of the world! You have torn down the dominion of darkness and brought me into the kingdom of light. I praise You! Purify every shadow in my life. Make me a child of light who bears goodness and rebukes evil. May I glorify Your name in my family, workplace, and church. Amen!

Imitating Christ, Walking in Light

Day 32: 17 September, Wednesday

Ephesians 5:15–17

¹⁵ Be very careful, then, how you live—not as unwise but as wise,¹⁶ making the most of every opportunity, because the days are evil.¹⁷ Therefore do not be foolish, but understand what the Lord’s will is.

Read

Repeatedly recite “making the most of every opportunity” and “understand what the Lord’s will is.” Memorise verse 17.

Hear

The Holy Spirit urges: “Don’t let trivial matters rob you of moments meant for eternal investment.”

Meditate

Does my daily schedule reflect that of a “wise person”? What needs to change?

Act

Create a “priority list” for this week. Remove one unhelpful entertainment activity and add one spiritual practice (means of grace).

Pray

Wise and eternal Lord, You’ve entrusted time to humanity, yet I’ve wasted hours on short videos. Forgive me for mistaking busyness for faithfulness and entertainment for rest. Teach me to number my days rightly. In a chaotic world, help me discern Your will clearly. Enable me to redeem my time and live a life of eternal value. Amen!

Ephesians 5:18–21

¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

²¹ Submit to one another out of reverence for Christ.

Read

Contrast the state of being “drunk” and being “filled with the Spirit.”

Hear

The Holy Spirit invites: “Let My infilling replace your emptiness. Overcome anxiety with praise.”

Meditate

What things are “numbing” my soul? How can I yield more fully to the Spirit?

Act

Today, replace worry with worship through song. Intentionally express gratitude to one person.

Pray

Holy Spirit, our Comforter, fill this dry vessel and dispel all confusion in my heart. May my tongue be a fountain of praise, my household an altar of worship, and my obedience a testimony across generations. May we submit to one another out of reverence, singing and making melody from our hearts to You, revealing the unity and beauty of Christ’s body. Amen!

Imitating Christ, Walking in Light

Day 34: 19 September, Friday

Ephesians 5:22–29

²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything. ²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church.

Read

Use different colours to mark the words “submit” and “love.”

Hear

The Holy Spirit says: “Marriage reflects Christ and the Church. Live out that sacred covenant.”

Meditate

In my marriage/relationships, how can I better imitate Christ’s sacrifice and honour others?

Act

Do one specific act of selfless service for your spouse or family (e.g. take initiative with housework).

Pray

Incarnate Lord, Your self-giving love for the Church exposes my selfishness in marriage and relationships. Break my pride, Lord! Rebuild each family in our church. Teach husbands to nourish their families with Christ’s love, and wives to submit their husbands with devotion. Together, may they bear witness to the power of the gospel. In Christ’s holy name, Amen!

Ephesians 5:30–33

³⁰ for we are members of his body. ³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” ³² This is a profound mystery—but I am talking about Christ and the church. ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Read

Compare the phrases, “two will become one flesh” and “a profound mystery” with Genesis 2:24.

Hear

The Holy Spirit reveals: “Your marriage is to point toward the ultimate union between Christ and the Church.”

Meditate

How can my family relationships deeply reflect the mystery of “Christ loving the Church”?

Act

Do family devotions, prayer, and sharing together. Reaffirm your commitment to your marriage/family covenant.

Pray

Triune God, You established marriage at creation, redeemed families at the cross, and prepared the wedding feast of the Lamb in Revelation. Help our families become holy temples for You. Unite us in love to witness this profound mystery and draw others to Your steadfast, covenantal love. In Christ’s name, Amen!

Strengthened in the Lord, Moving Forward in Victory

Day 36: 21 September, Sunday

Ephesians 6:1-24

¹ Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother”—which is the first commandment with a promise—³ “so that it may go well with you and that you may enjoy long life on the earth.”

⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

⁵ Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. ⁶ Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart. ⁷ Serve wholeheartedly, as if you were serving the Lord, not people, ⁸ because you know that the Lord will reward each one for whatever good they do, whether they are slave or free.

⁹ And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil’s schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

²¹ Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing.²² I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.

Strengthened in the Lord, Moving Forward in Victory

Day 36: 21 September, Sunday

²³ Peace to the brothers and sisters, and love with faith from God the Father and the Lord Jesus Christ. ²⁴ Grace to all who love our Lord Jesus Christ with an undying love.

Sermon Notes

My Prayer

Strengthened in the Lord, Moving Forward in Victory

Day 37: 22 September, Monday

Ephesians 6:1-4

¹ Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother”—which is the first commandment with a promise—³ “so that it may go well with you and that you may enjoy long life on the earth.”
⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Read

Read this passage slowly three times.

Hear

What does this passage say about being a child? What does it say about being a father (parent)?

Meditate

One surprising thing about this passage is the two-way instruction which is usually one-way. In its historical context, wives were expected to submit to husbands, children to parents and slaves to masters. But in this biblical context, husbands, parents, and masters are also given instructions.

Reflect on how this affects your current relationships.

Act

As a child, what is one thing you will do to obey/honor your parents?

As a parent or an older person, what is one thing you will do to bring up your child/the next generation in the training and instructions of the Lord?

Pray

Heavenly Father, in the reciprocity of relationships we see in Ephesians, You remind us that each generation bears a responsibility to other generations. Help me grow in my relationship with my parents/spiritual elders and to play a bigger role in discipling my children/the next generation. In Jesus' name, Amen.

Ephesians 6:5-9

⁵ Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. ⁶ Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart. ⁷ Serve wholeheartedly, as if you were serving the Lord, not people, ⁸ because you know that the Lord will reward each one for whatever good they do, whether they are slave or free.

⁹ And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.

Read

Read this passage slowly three times.

Hear

In what ways are you a “slave” and a “master” in your relationships today?

Meditate

Verse 5-7 speak of the unity of both the flesh (“according to the flesh”) and the spirit (“in the sincerity of your heart”). Are you united in flesh and spirit (heart) in the way you live your life, or is your flesh in conflict with your spirit?

Act

Place your phones/devices aside and be fully present with the people you interact with today, listening attentively to them.

Pray

Dear Lord, You intend for us to live with integrity, with our flesh and spirit in unity, but this world seeks to divide our flesh from our spirit. Forgive us for the times we say or do things with no sincerity in our hearts, and for the times when we disrespect others by not being fully present with them. By Your Spirit, help us to live an undivided and undistracted life. We pray this in Jesus’ name, Amen.

Strengthened in the Lord, Moving Forward in Victory

Day 39: 24 September, Wednesday

Ephesians 6:10-13

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Read

Read this passage slowly three times.

Hear

Listen for the offer of God's help and strength for you to stand firm in your struggle.

Meditate

We often read this passage on the armour of God as an instruction to each of us to put on the armour of God. But in fact, it is addressed to the corporate body of the church (The "you" throughout is plural). As a church, we are to put on the armour of God.

Now re-read the passage from the corporate viewpoint of the church and write down any reflections or insights from the Lord.

Act

Let us act to strengthen the church. What is one need within the church today that God has brought to your attention? What can you do about it?

Pray

Dear Lord, forgive us for often reading this passage from an individualistic perspective. Strengthen our identity and life together as a church, and help each one of us to play our different roles well so that the whole church is built up across the generations. In Jesus' name we pray, Amen.

Strengthened in the Lord, Moving Forward in Victory

Day 40: 25 September, Thursday

Ephesians 6:14-17

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Read

Read the passage slowly three times.

Hear

Read it aloud once. What pieces of the full armour of God do you hear? Which one stands out to you as the most essential?

Meditate

In this dark age where truth is often obscured, believers must wear the full armour of God in order to stand firm in the truth of the Lord and not be swept away by the tide of lies and half-truths.

Read the passage aloud again. Reflect: Which aspect of the armour do you need to strengthen?

Act

- Resolve to read the Bible daily: Begin each day with God's Word.
- Resolve to join a Bible class or small group: Deepen your understanding of the Word and practise it in fellowship.

Pray

Heavenly Father, I confess that I am weak and easily overwhelmed by circumstances and challenges, even straying from Your truth. I plead for Your Spirit to renew me, ignite in me a hunger for truth, and help me to remain watchful at all times. May I discern truth from falsehood, good from evil, and never compromise with sin or falsehood that opposes You. In Christ's holy name, Amen.

Strengthened in the Lord, Moving Forward in Victory

Day 41: 26 September, Friday

Ephesians 6:18-20

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Read

Read the passage slowly three times.

Hear

What does the passage say about prayer? What do you rely on in prayer? For whom do you pray? What does it mean to fulfil your duty?

Meditate

How is your prayer life? Do you intercede for the Church in your prayers? Do you pray for God's will and kingdom?

Act

Make a daily commitment to pray. In your prayer, specifically remember:

- A brother/sister in Christ
- A pastor
- A church member or ministry

Pray

Heavenly Father, thank You for giving me the opportunity to pray. May Your Spirit help me to value, love, and enjoy prayer, praying for all things and without ceasing. May the Holy Spirit prevent my prayers from becoming mechanical; guide me so my prayers align with Your will. Broaden my perspective so I will not only pray for myself, but also for the Church, for salvation, for the world, and for the coming of Your holy kingdom. Help me, O Lord. Amen.

Ephesians 6:21-24

²¹ Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. ²² I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.

²³ Peace to the brothers and sisters, and love with faith from God the Father and the Lord Jesus Christ. ²⁴ Grace to all who love our Lord Jesus Christ with an undying love.

Read

Read the passage slowly three times.

Hear

Read verses 23–24 aloud. What do you hear?

Meditate

What do your prayers usually consist of? When you intercede for yourself or others, what do you ask for?

How can this passage help you broaden the scope of your prayers?

Act

As the Spirit leads in your prayer, if someone comes to mind who needs your care and encouragement, send them a message to bless them with this phrase:

“May peace, love, faith, and grace from God the Father and the Lord Jesus Christ be with you.”

Pray

O God, how blessed I am to receive Your endless peace, love, faith, and grace in Christ. Thank You for loving me so much!

Renew me by Your Spirit, so I may not only receive Your grace but also gladly become a channel of blessing to others, sharing Your peace, love, faith, and grace with them. In Christ’s holy name, Amen.

Intergenerational Discipleship, Journeying Together in Unity

Day 43: 28 September, Sunday

Ephesians 4:1-6

¹ As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.

Sermon Notes

Intergenerational Discipleship, Journeying Together in Unity

Day 43: 28 September, Sunday

My Prayer